January 4, 2021
Issue #36

Lisa Barry, WEMU Radio Host and Co-Host of the "Exploring Awareness" Podcast

The Crazy Wisdom Weekly

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The Crazy Wisdom Weekly

Calendar/Assistant Editor Wanted! See page 11 for more information on how to apply!

The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipies, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: Jennifer@crazywisdom.net. Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!

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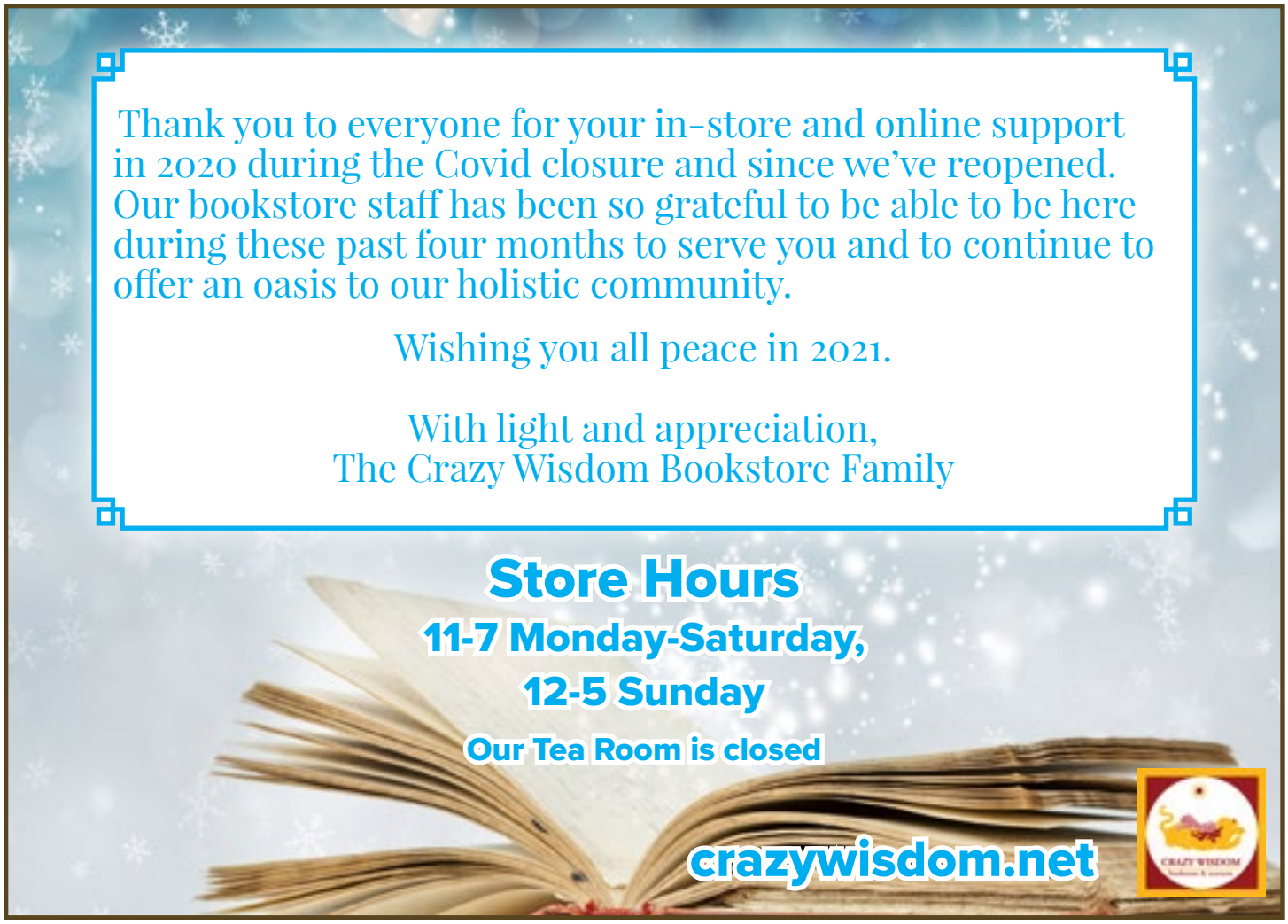
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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Trish Maley
Pauline Loewenhardt
Ann Olugbile
Lisa Barry
Larissa Czuchnowsky
Kim Gray
Carol Karr
Jennifer Carson
Bill Zirinsky

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

By Trish Maley

Little things can make you fall in love with someone—like the way their lips come together when they talk.

Little things can make you miss someone so badly and it's over the smell of a gum they used to chew.

You can do little things in the little time you have to change the direction of a conversation, an interaction, your day, the trajectory of your life.

Practice it little by little, day by day and see results grow.

Take breathing.

It sounds mundane and underwhelming. However, deep breathing with a long, slow exhale, stimulates the vagus nerve. The vagus nerve is connected to the cardiac center in the brain and has the ability to slow the heart rate and lower blood pressure.

We are hard wired to process sensory input and output—it's how we experience every second of our life. And in every experience, there is an opportunity to engage the nervous system in a positive or negative way—starting with something as small as taking a breath.

I'm at the age where I have a favorite mixing bowl. My mom gave it to me 20 years ago and I use it for any and all kinds of batter. I get excited about baking, I open my cabinet and my thick, trusty bowl is there—my ride or die in that moment.

My 12-year-old was putting away dishes one evening and, even though I have told the boys numerous times not to stack every single bowl we own into my favorite bowl, they do it anyway out of convenience. When my son went to take out the bowl (to most likely stack more bowls into it) he dropped it because it was so heavy. Luckily the last shelf caught it and it didn't land on his foot. But to my dismay, it cracked.

Normally I would have flown out of my chair, red-faced, yelling about my bowl breaking and how if they had listened to my pleading to not over-stack, it never would have occurred.

But since I had been practicing mindfulness and meditation daily, I took a deep breath, calmly walked over and helped him lift the stack of bowls. I asked if he was ok and threw out the broken bowl. All three of my boys stared at me in utter shock. "I'm sorry about your bowl, mom."

"It's ok. I'm glad it didn't fall on your foot." The room was still—filled with silence as I made my way back to my chair to get back to whatever I was doing.

"I'm surprised you're not mad and yelling." That's when I realized how calm I was emotionally and physically,and found myself just as stunned. This is how I have always wanted to handle things. Calm and compassionate—not bottling up anger or frustration only for it to release on something minuscule later.

I used to read about calm reactions like this in books and wish I could react the same way.

Taking a deep breath seems small but it has a ripple effect: once you engage the vagus nerve, with the breath, it slows down your heart rate. This gives you a second to come into the present moment. Coming into the present hijacks the amygdala. The amygdala, located in the brain, plays a central role in anxiety responses to stressful situations. This is the crux of feeling in control of your emotions.

After I took my breath and made my way to my son, I became present. This took maybe 30 seconds. Now that I was present, I noticed the look on his face. I could see he felt bad. I also saw him physically struggling to hold the huge stack of bowls. Had I not been present, would I have noticed these little things about my son?

No, I would have been wrapped up in my own story of how no one listens to me—victim mentality. Or how I'm supportive and there for everyone in the family but they can't be there for me —martyr mentality. Or I would have gone to the future—where am I going to find another bowl like this?

The bottom line is, it's a glass bowl. And my sons are kids and still learning that bowls and shelves are not invincible.

When you handle things the way you want to handle them you feel proud of yourself, which releases dopamine. Dopamine is a neurotransmitter and has a number of functions; one of them is that it creates feelings of pleasure and reward which motivates you to repeat a specific behavior.

If little things in a conversation, situation, or day can affect us so deeply, then I know the little things I personally do over time affect myself and others—most importantly my children.

Twin sisters, and healers, Trish Maley and Joy Aleccia, are advocates for self-care and focus on mindfulness, meditation and energy work. Discover more information at embracingstillness.com.

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Book Review

What the Eyes Don't See: A Story of Crisis, Resistance and Hope in an American City

Book Review by Pauline Lowenhardt

You have heard of the Flint water crisis, no doubt, but if you want to know the whole amazing story, this is the book for you.

The story is told, in clear, gripping prose by the pediatrician who first discovered elevated blood lead levels in the children at her clinic in Flint. She went to unbelievable lengths to convince public health officials, and finally the Governor of the state of Michigan that this was real and a public health crisis. At first, no one believed her, but she persisted, spending every waking moment on the phone or laptop, until her husband, also a pediatrician, and her two young girls, complained that they never saw her at home anymore, as she was constantly working. Her mother also noticed how thin she had become, and asked worriedly what was going on.

Along the way, she gives us a fascinating look at her family from Iraq, heroes and heroines, some from the present day and some from years and centuries past, who have inspired her activism and stoic fortitude in the face of great resistance. She tells how she got her first name, Mona, from her grandfather, Haji, who lived in Bagdad. He named her Mona, because he thought it would be an easy name for both English and Arabic speakers. Her name means hope, wish, or desire. At the end of that first chapter, in which we learn more about her family, she begins to tell the story. She calls it "the most important and emblematic environmental and public health disaster of this young century."

She sets the stage by telling how she came to her present position as the director of the pediatric residency program at Hurley Medical Center, a public teaching hospital affiliated with Michigan State University. Most of the children of Flint are treated there. She also delves into the history of the decline of the city over the decades.

Real decision making for Flint, as related to the crisis, came about in 2011, with the appointment of an emergency manager by Governor Snyder, and directives involving budget cuts. One of these was the decision to change the source of Flint's drinking water to the Flint River, while awaiting the construction of a new pipeline to connect to Lake Huron. This was the crucial mistake. Then, Attisha's good friend, Elin, tells her at a family barbecue, that the water in Flint, which is already the source of complaints by citizens, is really not okay! The story proceeds in searing, and precise detail. Lead exposure is known as the silent epidemic because there are no immediate signs of it in those affected. The central nervous system of babies, and young children especially, receive the worst impact from lead. There is no safe level of lead in the human body.

The disturbing situation she eventually found herself in was trying to advocate for change when a dangerous situation threatened the welfare of her professional charges, the children of Flint. A few told her bluntly, it was not her job, but the job of public health officials. However, they were ignoring it, or outright telling her that everything was fine. It reads like a classic scientific thriller. I am very grateful to Dr. Mona for writing this book, and I believe all Michigan citizens should read it. She was ultimately successful in convincing the Governor and officials at the MDEQ, that Flint had a serious lead problem. There are still about 2,500 households that need their service lines checked to ascertain whether they are lead or copper. However, though much has improved for the people and children of Flint, the aftermath of the crisis is not over. Much work remains to be done.

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Finding Strength And Healing, Even In A Pandemic

By Lisa Barry

I have always thought of myself as a very loving person. I defined myself by saying “I have a large capacity to love.” But sometimes I wondered what might be going on inside me below the surface and what impact might I still be experiencing from some pretty traumatic childhood experiences that I would later learn were still very much near the surface of my soul.

It never occurred to me in my life’s journey that I would find myself in a global health crisis that would upend almost every aspect of all of our lives. I refused to be undone by this experience and looked for opportunities in what some call “the great pause” to take advantage of this historic event. The way I looked at it, this pandemic provided an opportunity to strip away many of the things we thought were essential and exposed a lot of people and situations in a way that made us able to see and experience them much more clearly. Since I was hardly going anywhere, in an effort to dodge this novel virus, I found my “home” in myself at my core, in long walks, and in taking pictures of nature.

I have always loved to travel, but the pandemic pretty much put a stop to that as I adhered to medical and governmental recommendations to "stay home and stay safe." This halt in worldly travel allowed me to travel deeper inside myself though. I visited parts that may have been left unseen without the extra time and space created by the pandemic. The “great pause” gave me an opportunity to process some of the things I was uncovering in therapy. There was more opportunity for meditation, prayer, and personal contemplation that led to more realizations and healing.

Seeing how friends, and some family members, reacted to the medical and scientific information we were hearing about the pandemic exposed some fundamental differences in how we look at and approach life. I have always believed that we all have our own perspectives and have often said "two people can be looking at the exact same thing but see something completely different." The pandemic was certainly proving that. I chose to have compassion for those people and their different views, hoping in the end they would still remain safe and healthy.

Essential to my work as a broadcaster and radio interviewer, I have always tried to do as many interviews in person as I was able because I believed I could "feel" the energy of my guest and used that sense to enhance our conversation and create something people would really want to listen to. Now in a pandemic, I have been conducting my radio interviews from home, either on the phone or via zoom and I no longer have that in-person energy. However, I have found my "listening" skills have deepened to an enhanced "hearing." I am feeling the conversation without the benefit of being physically close as we record, but in a new way that evolved over time. We are still connecting, which I feel is essential for a good interview, but with a new stronger sense of hearing—not just listening.
I also took this opportunity to give myself the gift of looking inward, and although I thought I was pretty well balanced emotionally, there were some issues I thought might be “fun” to explore by talking to a therapist. Little did I know “fun” would be among the last words I would ever use to describe this process. A process I think is important to talk about publicly to help ease the stigma that there is something wrong with someone for seeking support from a professional.

If you google therapists in Ann Arbor you might be surprised (like I was) to see just how many there are available, but I already knew who I wanted to talk to. I had heard from a friend that he was wise, and spiritual, and would later come to learn how much of a community resource he was through his inspired wisdom, knowledge, and experience. But that still didn’t make the process simple or easy for me.

I appreciated the opportunity to re-examine many of my early life experiences and was told "the only way out is through." One of the many lessons I learned from my therapist and hope to always hold on to is that "my strength will come from my love."

Many of us may wonder how we will have the strength to follow our true passions and lead a fulfilling life and I found this insight deeply moving and inspiring. Any issue that could be tied to love, which we both agreed was the energy and essence of all, really resonated with me and helped me better connect with what was being discussed and examined.

Among the things I learned was while mindfulness was a fulfilling life practice, the human mind is...well, mind blowing! There is so much going on—on so many different levels that it made me ask, why wouldn’t I seek out that insight? Although uncomfortable and challenging at times there was no shame in exploring myself and how I became the person I am today. Therapy was life affirming—a journey to inner peace and wellness, and it provided fuel for fulfillment.

Part of my loving essence is a passion for mindfulness. How could I help myself and help others learn about this way of looking at life and being? What could I do to help spread the word that you can connect to your joy? Helping people find this has become a passion and a calling of mine, to share what I am learning with others. The magical benefits of meditation, living in the present moment, and not taking things personally are just a few more of the lessons I’ve learned. Concepts and practices that can bring so much freedom and appreciation for this miracle we all have of being born and living this precious existence!
Through continued self-exploration, and many other mindful pursuits, I am on a path with a mission and hope to continue to grow and share in these efforts.

Lisa Barry is a long-time on-air radio broadcaster who can currently be heard on WEMU, and as a co-host of the “Exploring Awareness” podcast which can be found on most podcast platforms. You can connect with her by email at Lisalovebarry@gmail.com.

A New Year Wish

W.R. Hunt

The sun is just rising on the morning of another day, the first day of a new year. What can I wish that this day, this year, may bring me?

Nothing that shall make the world of others poorer, nothing at the expense of other men; but just those few things which in their coming do not stop with me, but touch me rather, as they pass and gather strength.

A few friends who understand me, and yet remain my friends.

A work to do which has real value without which the world would feel the poorer.

A return for such work small enough to not tax unduly anyone who pays.

A mind unafraid to travel, even though the trail be not blazed.

An understanding heat.

A sight of the eternal hills and unresting sea, and of something beautiful the hand of man has made.

A sense of humor and the power to laugh.

A little leisure with nothing to do.

A few moments of quiet, silent meditation. The sense of the presence of God.

And the patience to wait for the coming of those things, with the wisdom to know them when they come.

Crazy Wisdom Poetry Series

hosted by
Ed Morin, David Jibson,
and Rainey Lamey

Second and Fourth Wednesday
of each month, 7-9 p.m.

Until further notice, all sessions
are virtual and accessible through Zoom.

Email cwpoetrycircle@gmail.com for Zoom link

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

Crazy Wisdom Poetry Series Featured readers

January 27 - Hedy Habra is a polyglot essayist and artist whose third book of poems, *The Taste of the Earth*, won the Silver Nautilus Award. *Tea in Heliopolis* won the USA Best Book Award and *Under Brushstrokes* was finalist for the International Book Award. She has lived in Egypt, Brussels, and now Kalamazoo. Her website is hedyhabra.com

February 24 - Patricia Hooper is author of *Separate Flights* and *Wild Persistence*—the most recent of her five books of poetry. Her poems have appeared in *The Atlantic Monthly, Poetry,* and *Kenyon Review*, and have won six major awards. She is a U. of Michigan alumna and now lives in Gastonia, North Carolina.

February 24 - Dannye Romine Powell, newspaper editor and author of *In the Sunroom with Raymond Carver* and four other poetry collections, often depicts troubles with close relatives. She has published in *Ploughshares*, *Paris Review*, and *Poetry*. She once occupied the former bedroom of Sylvia Plath during a residency at the Yaddo Foundation's mansion.

March 24 - Ken Meisel, is a psychotherapist and author of eight books of poetry. With tender, grave empathy, *Our Common Souls: New & Selected Poems of Detroit* traces the conflicted searches for hope, sense of connection to place, and material and social problems embedded in the landscape of his deindustrialized city.

March 24 - Jeff Vande Zande has published four novels including *American Poet*, which won a Michigan Notable Book Award from the Library of Michigan. His story collections are *Emergency Stopping*, *Threatened Species*, and *The Neighborhood Division*. He is also a film maker, teaches at Delta College, and has a blog at www.authorjeffvandezande.blogspot.com

April 28 – Celebrate National Poetry Month!
The peer-to-peer writers workshop of the Crazy Wisdom Poetry Circle, which meets on the second Wednesday of each month, read selections of their work. Featured readers: Joseph Kelty, David Jibson, Edward Morin, Rainey Lamey, Lissa Perrin, Gregory Mahr, Dana Dever, and others.

Crazy Wisdom Poetry Circle

The Poetry Series is open to all.
There is never a charge.
https://cwcircle.poetry.blog/

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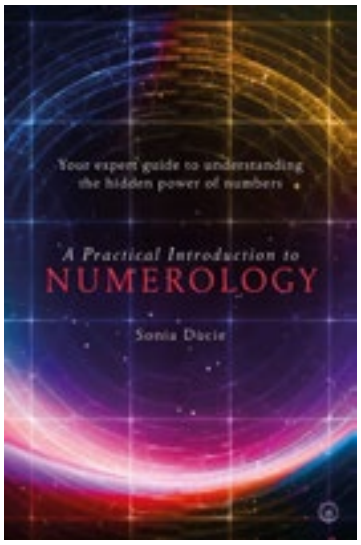
Crazy Wisdom Book Pick of the Week

A Practical Introduction to Numerology



Purchase your copy of *A Practical Introduction to Numerology* at Crazy Wisdom Bookstore.

A fresh and accessible guide exploring the fascinating science of numerology, revealing what the term means, providing an intriguing behind-the-scenes tour of the power of numbers, and showing the immense potential they have to enhance our lives in all kinds of amazing ways.

Numerology - the science, psychology and philosophy of numbers - enables us to use our mind and intuition to observe, connect with and interpret the cycle of numbers governing all aspects of life (1 to 9). Each of these numbers has its own set of qualities and meanings that can influence us at different levels - physical, emotional, mental and spiritual - in order to really make the most of life.

After an insightful introduction about why the subject of Numerology is so worth exploring and the benefits it can bring, each main chapter then addresses key questions such as: Where does Numerology come from and how does it work? What are the benefits of applying Numerology to our lives? Can Numerology give me more insight into my own, or others', character? Can Numerology influence my aspirations and decisions in life? And finally, how can Numerology help me to become more aware of the bigger picture in life and make a wider contribution to society?

Calendar/Assistant Editor Wanted

The Crazy Wisdom Community Journal is looking for a detail-oriented Calendar Editor/Assistant Editor, a person who is interested in the holistic and conscious living subjects covered in our publication.

The Journal is published three times a year and we are looking for an Assistant Editor to work closely with our Managing Editor and do a variety of tasks each week (approx. 4-5 hours) including: proofreading, fact-checking, uploading blogs to our websites, uploading calendar events, brainstorming article and feature ideas, update searchable documents, and helping build more online presence for the Journal.

This person would also be our Calendar Editor, and would be in charge of compiling and editing the community calendar for our readership – somewhere between 300 and 550 listings per issue. We are looking for someone who has an interest in local events, knows how to use Google sheets and forms, is familiar with Word, and is a good proofreader. Experience with Wordpress and/or Squarespace websites is a bonus, but we are willing to train the right person. Online marketing experience a plus. You must own your own computer and have reliable internet and phone service, as this is a work-from-home position, and you must be local to the Ann Arbor area.

If you are a team player and are interested in this position, please email a letter of interest, a resume with relevant work experience, and a writing sample to Jennifer@crazywisdom.net.

(This job pays reasonably well, but it is a very part-time position.)

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An Unexpected Journey

From Issue #76, Winter 2021

By Ann Olugbile

In 2016 my life started to transform. I was pregnant with my second daughter and I was joyous and terrified at the same time. My daughter's father and I had been on and off for several years. He was in another relationship and I wanted to be with someone so badly. I believed if I were patient enough, kind enough, and quiet enough, he would pick me. Shortly after announcing I was pregnant, he admitted there was no choosing me, and the pregnancy would not change that. It was the biggest wake-up call of my life. For years I'd waited for him to choose me and make me a priority. The breakup slowly made me realize that I needed to choose and love *myself*. I gave birth in 2017 and committed to a journey of self-love, but it evolved into a deep spiritual journey.

The first step on the journey was mental health counseling. The break-up and the postpartum hormones had left me in a bad place. I learned in therapy that my childhood shaped beliefs of unworthiness and low self-esteem. The "not good enough" narrative was rampant in all my relationships. I lacked boundaries and allowed others to misuse me. It took months to unlearn the negative narrative and place necessary boundaries around my toxic relationships. I began challenging that childhood belief and created a new one—I am enough, just as I am, and I am deserving of good things in my life. A year into regular sessions, I gained a new sense of self and wanted to explore becoming a yoga instructor. The universe announced a different plan.

A week following that decision, I fell down the stairs and broke my ankle in two places. I was devastated. Right when I was ready to make a huge step forward, I was literally stopped in my tracks. I cried for many nights asking God, "Why? Why now?" I did not expect an answer, but God answered through two woo-woo experiences.

First, I noticed a local tarot reader's card appearing in different places in my home. I found her card once in the kitchen, once in the bedroom, and then again in the bathroom. I got the message and scheduled a reading. The reading was phenomenal. We discussed what to gain from a broken ankle spiritually, emotionally, mentally, and physically. The reading also helped me decide to apply for disability through my employer and take some needed time off.

The next experience was a very lucid dream. I saw myself sitting on the edge of the bed crying to God (again!) and asking why my disability paperwork was denied. I was very angry and confused in the dream. When I woke up, I immediately called the doctor's office and discovered they never faxed the disability paperwork. I talked to the office manager and the paperwork was faxed immediately and approved. Something new and mysterious was happening.

My tarot reader was teaching a workshop called Deepening Your Intuition. I enrolled and learned about the basics of intuition, guarding energetic space, clearing energy with sounds and water, and setting boundaries with the spirit world. We were also given a shamanic energy clearing. During my clearing, the shamanic practitioner said to me, "There's a lot of fear around walking your path." How interesting, since I just broke my ankle! I mulled over her words for weeks, questioning what I was so afraid of. In the last class I mustered the courage to ask the practitioner, "What if I want to go deeper with this? Are there more classes?" She calmly said yes and advised a psychic studies and mediumship class that started in three weeks. This class was way out of my breadth of knowledge and budget, but I made a deal with God that if I received the money before the class started, I would enroll. Once again God answered, and the money came!

Fear again emerged the first night of class. I didn't know what to expect and thought I would make a fool of myself. Who am I to think I could be a psychic? This was only for special, gifted people, and I never felt special or gifted. The not good enough narrative was back.

I sat quietly through class and was hit with a surprise. We would give a psychic reading that same night. Through the fear, I gave my first psychic reading. I noticed the information came to me quickly and accurately. The next twelve weeks of class I discovered the gifts of claircognizance, clairvoyance, clairaudience, psychometry, and mediumship. Mediumship became my passion because it offers such a healing experience. The ability to provide answers to the living from those who have crossed over is transformative. This sparked more inner healing because I tapped into my power. It was clear from then on that it was my responsibility to express these gifts with the world.

An opportunity to learn shamanism appeared next and I went full steam ahead. It was a tough experience. Doubt and fear reared its head again during the sacred rites initiation. Again, I thought, am I really a shaman? Am I cut out for this? All the fears and negativity took a toll on me and I became sick. Shamanic illness is common during this process. Old wounds surface that need addressing in order to move on. My shamanic illness was pneumonia. I needed to confront the root of the fear and unworthiness narrative. I scheduled a shamanic journey session with my teacher and remembered as a little girl, during a traumatic event, I silenced my voice and convinced myself speaking up was not worth it. The belief I'd kept since childhood for safety, disabled me emotionally as an adult. I stayed quiet about my unhappiness in all relationships. It made others happy, but I was suffering inside and scared to voice my true feelings. I felt whole after the session and regained my voice.

I made a promise to myself, to use my voice when it's clear, when I doubt, or even when it shakes. Joan Walsh Anglund beautifully wrote, "A bird doesn't sing because it has an answer, it sings because it has a song." I became well again and received the final sacred rites to become a shaman and a new name, Lowanpi Nagi, which means singing soul.

The path I had in mind was to reconnect with loving myself. I achieved that and so much more! I am forever grateful for the heartache, ankle break, and pneumonia. Those events birthed a new woman who is confident and knows her worth. I still struggle with some doubts, but I know their roots and how to talk to them. I am gentle and compassionate toward my inner child and move at her speed. The spiritual journey is tough and intimidating and I wanted to give up many times. I don't know what's next, but I know God will answer, and I look forward to meeting the next version of myself.

Ann Olugbile is a shamnic practitioner, psychic medium, and an avid writer. You can contact her at aolugbile@gmail.com.

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Ann Arbor's iZosh: Lifting Women Up Globally • Dr. Suman Tewari, Holistic Gynecologist
• Golden Fleece – Keeping You Warm and the Planet Cool • The Art of Sangchen Tsomo •
The Whimsical World of David Zinn • Forest Bathing and the Kindness of Trees
• Reflexologist Greg Knollmeyer • Fun (and Remote) Programs for Kids • Squirrel Sense •
Yoga Column • (Mostly Virtual) Events Calendar • And More

The winter issue of *The Crazy Wisdom Community Journal* is here! With articles on holistic practitioner Karlta Zarley, the kindness of trees, cashiering during a pandemic, artist David Zinn, and the Importance of Honoring Our Ancestors. You don't want to miss it!

READ ARTICLES FROM THE CRAZY WISDOM COMMUNITY JOURNAL, ISSUE #76 ONLINE!

White Lotus
F·A·R·M·S
thank you
When Covid-19 turned our lives upside down this march, people came together at our farm and found a way to have joy in a time of hardship. We are honored to be a place where so many of you have come to find refuge and serenity.
Thank you to our fellow farmers and food makers who came through when supplies were scarce in stores. Together we showed we could nourish our people when they needed it most.
Thank you to everyone who came out to support us and all of the local businesses who make up the fabric of our community. We built a lot of new friendships that will endure after this is over.
Marrow, MI Farm to Freezer, Tantre Farms, U-M Campus Farm, Two Tracks Acres, Bay Port Fish Co., Detroit Mushroom Co., Go! Ice Cream, The Brinery, Roos Roast, Bee Sweet, J. Patrice Chocolate, Beau Bien, Boochy Mama, Neu Kombucha, Kuntry Gardens, Juicy Kitchen, Chef G, Tiffin Tonight, Panda Moon, Aunt Née's, Hummus Goodness, Nemeth Orchards, Green Things Farm Collective, Goetz, Sunburst Blooms, Hey Honey, Sherry's Pies, Whitney Farms, Shetlers, Pine Ridge Organics, Purple Bee Farms, Walnut Ridge, Honey Bee Farms, Why Not Pie, and many more...
White Lotus
F·A·R·M·S
whitelotusfarms.com
7217 w. Liberty, Ann Arbor

FAIR FOOD NETWORK
GROW THE GOOD
Growing the health and wealth of communities through food – here at home and across the country.
fairfoodnetwork.org

We Can Still Flourish

By Larissa Czuchnowsky

We could lose the thing we love most and still flourish, still love, still be grateful and amazed by life. The secret is to not argue with reality. Whatever shows up: go into it fully, feel it fully, let it take you over fully. Be a broken-hearted mess for a while. The resistance to the reality of our lives is what causes the suffering. We can be broken-hearted and still enjoy the sunrise, still enjoy the beauty of a blossom on a branch, still love the people around us, still feel gratitude for all the gifts that come our way constantly. Who we are at our core can never be touched by loss and grief. Who we are is life manifesting itself through us—always connected and always flowing (if we don't let our thinking minds get in the way!)

The Crazy Wisdom weekly Calendar

Animals and Pets

Basic Animal Communication with Judy Ramsey • Saturday-Sunday, Jan. 16-17, Apr. 17-18 • 9 a.m.-4 p.m. • Learn to communicate with animals the way they communicate with each other telepathically. In a nurturing environment, you will learn step-by-step how to calm your mind to allow your natural telepathic skills to blossom and connect with animal minds. This is a two-day online class that goes from 9am-4pm each day. Prerequisite: read Animal Talk by Penelope Smith. $160 per person/$140 if paid by 1/5/2021 or 3/12/2021 for the April class. Contact Judy at 517-480-4513; ramsey.judy003@yahoo.com or https://JudyRamsey.net.

Bodywork and Bodymind Therapies

Rolfing Lecture and Demonstration with Jeff Belanger • Saturday, Jan. 9 • 1-2 p.m.• This is a Zoom session with a lecture to explain what Rolfing is and how it works and answer any questions. There will also be a brief demonstration. Interested folks should email Jeff@annarborrolfing.com beforehand so he can send the Zoom link. Free. Contact Jeff at 657-3210 or jeff@annarborrolfing.com.

Buddhism

A Zen Priest Turns Her Attention to Immigrants in Distress with Myozen Joan Amaral • Wednesday, Jan 10 • 11 a.m. • Ordained Zen priest and founding teacher of Zen Center North Shore, Myozen Joan Amaral, is using her platform to support immigrants; Joan regularly meditated with Immigration and Customs Enforcement detainees at the Suffolk County House of Correction in Massachusetts. Her Dharma talk addressing Zen practitioners of JissoJi and their guests, will inspire sharing our practice with all beings. Donations welcome. Contact Marta at 248-202-3102; JissoJiZen@gmail.com or JissoJiZen.org.

Channeling

Remembering Wholeness via Zoom with The Mother channeled by Barbara Brodsky • Sunday, Jan. 10 • 2 p.m. • Energy sharing (darshan) with The Mother channeled through Barbara Brodsky. Darshan is an event in consciousness: The powerful energy of The Mother gets transmitted as she looks directly at each person through the camera. Number of participants limited; register early. $10-25. Contact at 477-5848; om@deepspring.org or deepspring.org. For more information email om@deepspring.org or visit deepspring.org.

Evenings with Aaron channeled by Barbara Brodsky • Wednesday, Jan. 13, • 7 p.m. • An open session with Barbara Brodsky channeling Aaron. Talk followed by Q&A. All welcome; no registration necessary. Aaron will speak about spiritual practices such as Vipassana (Insight) and Pure Awareness meditation; how to work with inner guidance; and how to support changes in our physical/spiritual bodies through work with body energy, the elements, sound, and an open heart. $10-35. Contact at 477-5848; om@deepspring.org or deepspring.org.

Healing

Heightening Your Vibration: Alchemy with Karen Greenberg • Sunday, Jan. 10 and 17, • 1:30 p.m. • Learn a myriad of tools and techniques, to change your vibration from a lower to a higher vibration, and to sustain it—including, but not limited to, sacred letters, powerful Archetypes, sacred oils, affirmations, visualization, meditation, prayers that you compose, gratitude, breathing, drumming, movement, music, Holy Geometry, traditions, toning Names of G-D, Archangels, Masters of Light, and more. $110. Contact Karen at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Life Transitions

Helpful Legal Tips for Every Stage of Life with Elizabeth Hurwitz • Saturday, Jan. 9 • 11 p.m. • Useful legal information for every stage of your life and the lives of your loved ones. Question and answer period and group discussion time included. The workshop will take place via Zoom. Please email Elizabeth to obtain the Zoom link at elizabethwhurwitz@gmail.com. Free. Contact Elizabeth at 657-0835; elizabethwhurwitz@gmail.com or hurwitzlawoffices.com.

Meditation

Zen Meditation with JissoJi Zen Ann Arbor practitioners online • Sundays, Jan. 17, 31 • 11 a.m. • Zen meditation in the tradition of Shrunyu Suzuki, founder of San Francisco Zen Center. Instructions are available by request, the group meets on Zoom every week, Ceremonies rotate according to the Buddhist calendar. Donations welcome. Contact Marta at 248-202-3102; JissoJiZen@gmail.com or JissoJiZen.org.

Mindful Pause—Mindfulness of Breath with The Weber Center • Thursday, Jan. 7 • 4 p.m. • Mindfulness of Breath and Physical Body calms your mind and opens your heart. Each morning we

are born again. Registration Requested. Free. Contact the Weber Center at 517-266-4000 or www.webercenter.org.

Nature Bath with Amanda Anastasia • Sundays, Jan. 17, 31 • 11 a.m. • Soak in the high-vibration, healing energies of nature as we collectively engage in a guided meditative immersion that will bring you back home to all that you are. Led by Amanda Anastasia, yoga instructor and joy coach. Dress for the weather and look forward to feeling refreshed by the loving, warming connections we will make with all your relations - earth, wind, air and fire. Please contact Amanda to register at least three hours prior to the event. We will be meeting in various locations in Ann Arbor. Details will be emailed closer to the date. Approx. one-two hour workshop. Sliding scale fee: $33-$77. Contact Amanda at amahessling@gmail.com or www.joypriestess.com.

Online Workshops

Rooted: A Sacred Sexuality Kallah Course • Sunday, Jan. 10 • 7 p.m. • For those not familiar with what a Kallah class is please read this section. For those who are familiar, feel free to skip this section and jump to the next paragraph. Kallah literally translates to "bride." Young women in a more observant Jewish context will attend a series of Kallah classes to teach them how to be a proper wife. From keeping house, to pleasing a husband, these classes are all focused on stringent conceptions of purity. To learn more about the class visit heneini.net. To coordinate a donation, or discuss payment options in further detail, please email rakiaofthedeep@gmail.com.

Parenting Through the Pandemic • Wednesay, Jan. 27 • 8 p.m. • Join a small group of parents to focus on developmental milestones and subjects relevant to the unique challenges of parenting through a pandemic. For more information email browns@aaps.k12.mi.us or visit apm.activecommunities.com.

Reiki 1 with Susan Billmaier • Mondays, Jan. 11, 18, 25 • 6 p.m. • Reiki 1 class introduces and attunes initiates to Reiki energy. It provides tools for self-healing and nurtures the opening of intuition and enhanced sensation and perception. Core class components: • Introduction to Reiki and attunement • Level 1 Attunements • Self-healing hand positions • Practitioner Ethics • Sensing Energy. $187.50. Contact Susan at 678-2071; evenstar.institute@gmail.com or evenstarschalice.com/institute.

Stress Management

Mindfulness-Based Stress Reduction with Elizabeth Robinson • Monday, Jan. 11 • 5:30 p.m. • Introduction to Mindfulness-Based Stress Reduction. Free. Contact Libby at 476-3070; libbyrobinson7@gmail.com or libbyrobinsonmindfulness.com.

Get your calendar listings in
by Monday morning at
10 A.M. for the next
Crazy Wisdom Weekly Issue!

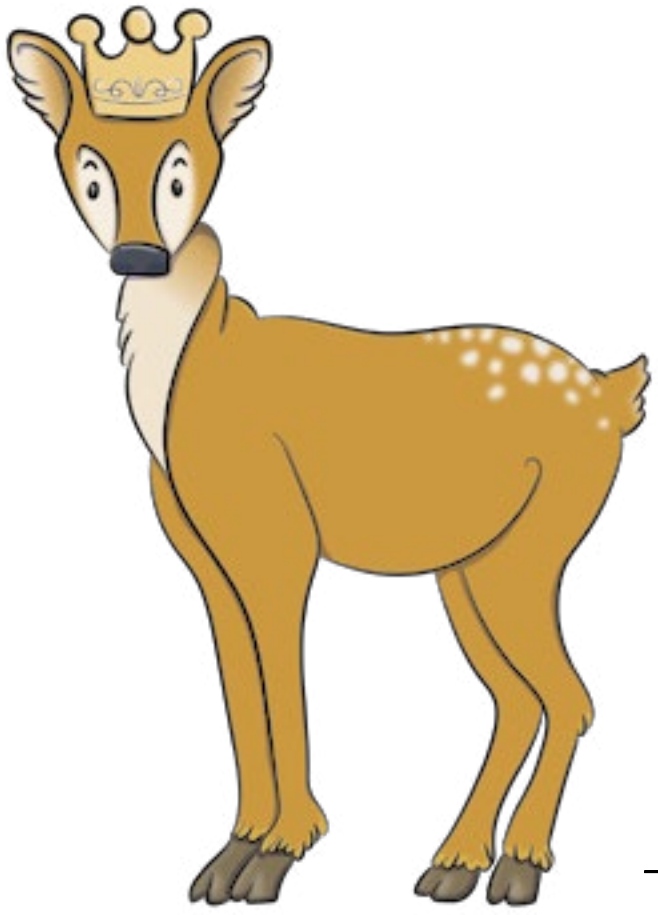
Send your listing in here.

Tea Events

A Deia-Tea for Every Season with Susan Billmaier • Wednesdays, Jan. 13, 20, 27 • 7 p.m. • Every season of our life has its unique blessings and challenges. Using tea to commune with the sacred has a long history starting in ancient China. In this course we'll explore how formulating unique tea blends can help us invoke various goddesses to help us on our life's journey. We'll start with the season of winter learning from Persephone and Morta the importance of Rest, Renewal, and Surrender. We'll move through the wheel of the year concluding with Autumn and her gifts of Gratitude, Abundance, and Crossroads. This is a four-class course with one class covering each season. $108. Contact Susan at 678-2071; evenstar.institute@gmail.com or evenstarschalice.com/institute.

Writing and Poetry

"Writing to Free the Body" Eight-Week Online Workshop with Julie Mariouw • Tuesdays, Jan. 12, 19, 26; Feb. 2, 9, 16, 23 • 6:30-9 p.m. • Workshop designed to develop & strengthen a mindful relationship w/the body, connect w/memory, emotion and stifled creativity, allow the body to guide our writing, thereby opening our subconscious minds. We will use metaphor, senses, polarity, and physical movement. Some texts I will use: Journey from the Center to the Page by Jeff Davis, Writing from the Body by John Lee, and Writing and the Body in Motion by Cheryl Pallant. $250. Contact Julie at 730-6175; julie@wellspringwritingworkshops or https://www.wellspringwritingworkshops.com/events.



Artwork by Jennifer Carson

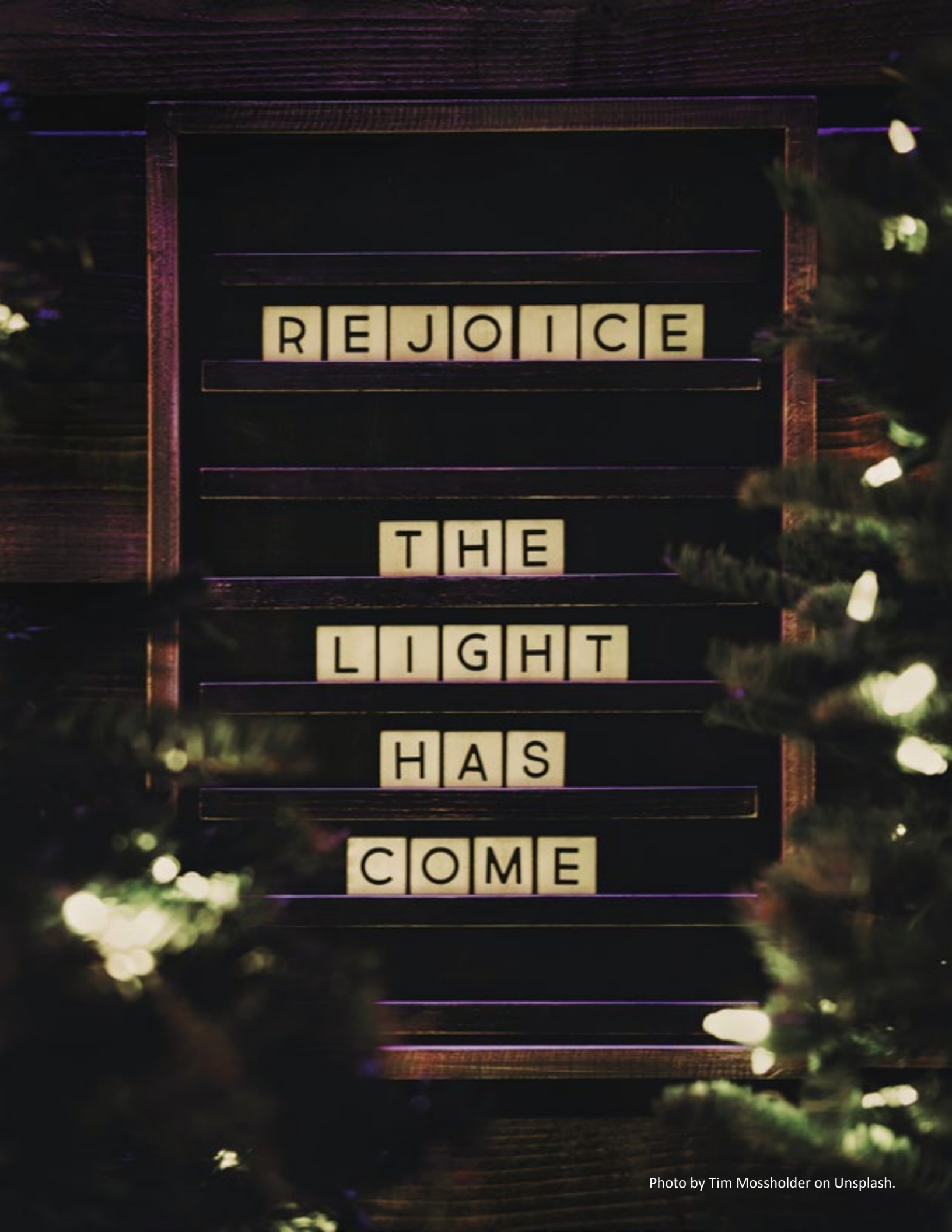


Photo by Tim Mossholder on Unsplash.